



National Alliance on Mental Illness

NAMI Boulder County

Serving Boulder and Broomfield Counties

1333 Iris Ave., Boulder, CO 80304

303-443-4591

e-mail: info@namibouldercounty.org

www.namibouldercounty.org

Many of these support groups/classes/resources are sponsored by groups other than NAMI Boulder County. Please use your own best judgement as to whether they are suitable for you.

Classes and Support Groups

NAMI CLASSES IN BOULDER COUNTY

On-going free education and support classes offering information on brain disorders, how to cope, and how to advocate. We keep an ongoing list for these classes. For information or to reserve a place, call us at 303-443-4591.

- ▶ **Family-to-Family Class** – A free 12-week program for family members, friends or caregivers who have a loved one with a brain disorder.
- ▶ **Colorado Visions** (formerly Visions for Tomorrow) – A free 5-week class for caregivers of children and adolescents with brain disorders.

NAMI SUPPORT GROUPS

- ▶ **Support group for family members of people with mental illness** - First and third Monday nights, 7-8:30 at Mental Health Center Serving Boulder and Broomfield Counties (Norton Room), 1333 Iris Ave., Boulder. Call Anne at 720-839-4139

DEPRESSION AND BIPOLAR DISORDER

- ▶ **Depression and Bipolar Support Alliance (DBSA) Longmont**
Mondays, 7:00-9:00 p.m., at Longmont United Hospital, Chagall/Rueben's Room, 1950 Mountain View, Longmont. Contact Marc Rope at 970-482-2605, email: twinpeaksdbsa@hotmail.com
- ▶ **Depression and Bipolar Support Alliance (DBSA) Boulder**
Two peer-only meetings a month and one friends and family meeting per month. Email (preferred) boulderdbsa@gmail.com or call Lauren at (303) 641-6333
- ▶ **CareTogether Support Group** for spouses/partners of people with bipolar disorder and depression, 2nd and 4th Mondays, 7:45-9:00, Lafayette library, upstairs. 303-507-8533, caretogether@gmail.com
- ▶ **The Robert D. Sutherland Center for the Evaluation and Treatment of Bipolar Disorder**
Visit rdsfoundation.org or call 303/492-5680 for information about the Sutherland Seminar Series on bipolar disorder (current series ends Oct. 26.)

SUICIDE SURVIVORS

- ▶ Free support group for family and friends of someone who has died from suicide. Longmont United Hospital, 1st and 3rd Wednesday evenings. Contact sherri@mtherapy.com, (303) 532-7904

CHILDREN AND ADOLESCENTS

Parents Experiencing Challenging Kids Support Group (PECK) - Meets monthly at a local restaurant in Louisville. For time and place, contact Harriet Austin at 303-284-9863 or austinhb@hotmail.com.

OBSESSIVE COMPULSIVE DISORDER

Support group for people with OCD, their families and friends. First and third Wednesdays, 7:00-9:00 p.m. Mental Health Center, Norton Room, 1333 Iris Avenue, Boulder. Contact Brent, 303-422-9704 or Ilene, 303-938-1360.

OBSESSIVE COMPULSIVE ANONYMOUS

(www.ocdcolorado.com) and **SOCIAL PHOBICS ANONYMOUS** (www.healsocialanxiety.com). See Web sites for information on telephone support groups and face-to-face support groups.

SCHIZOPHRENIA and Related Disorders Support

Groups (people with other mental illness diagnoses also welcome) Call Patrick, 303-413-6233, for details.

1. Tuesdays, 7:00-8:00 p.m. sharp, Mental Health Center, 1333 Iris Ave, Norton Room, entrance on southeast.
2. Fridays, 10:30-11:15 a.m., Maslin House, 1036 University Ave., Boulder

DUAL-RECOVERY ANONYMOUS

A 12-step, self-help fellowship organization for people with a dual diagnosis of addiction or alcoholism with an emotional or psychiatric illness. Every Monday, 2:30 p.m., First Lutheran Church, 3rd and Terry, east door, Longmont. Contact person: Shochet Mischo, 303-245-4449.

"SOFT VOICES" DROP-IN CENTER, LONGMONT

Resource and friendship center for adults with mental illness. Tuesdays, 10:00-noon; Thursdays and Fridays, 1:00-3:00. 5th & Kimbark, downstairs. For more information, contact Gil at 303-776-0410.

INTERNET RESOURCES

Visit the NAMI (national) Web site at www.nami.org
Visit the NAMI Boulder County Web site at www.namibouldercounty.org

If you need help finding information online, contact the sources below. Service is confidential and available for free.

Consumer Health Resource Library

At Longmont Hospital. Call 303-651-5112 for hours.

Grillo Health Care Information Center

Located at Boulder Public Library, 11th and Arapahoe, Main Branch, 2nd floor. Call 303-441-4174 for hours.